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Protein for Post-Exercise Recovery and Performance

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Message from the Guest Editor

Dear Colleagues,

Dietary protein and amino acids are indispensable for the post-exercise recovery process, through their ability to help repair and remodel a variety of body proteins, including skeletal muscle. Evidence is also emerging that protein and amino acids may help with fluid homeostasis and glycogen resynthesis, thus serving as a potential linchpin for the three “R’s” of recovery: Repair, rehydrate, and refuel. The articles in this Special Issue will highlight the role dietary protein and amino acids play in enhancing the recovery from and adaptation to exercise in active and athletic populations.

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Special Issue



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